Benefits of Plants

Did you ever wonder what’s great about plants? Well, for starters, plants take toxins (bad stuff) out of the air and they cool the air. Backgrounds sounds (creaking floors, creaking doors, etc…) annoy a lot of people. If you’re one of them put plants here and there and you will not hear those annoying sounds at all. They’ll even remove the sound of busy roads!

Stress and high blood pressure aren’t good for you at all. If you go to a park full of trees or get some plants your stress and high blood pressure will fade away. To get proof, let’s hear about a little experiment scientists did. First the scientists got a few people who had high blood pressure and high stress levels and those people had to do some hard computer work in a ungreen environment. Their blood pressure and stress levels got higher. They tried it again in a green environment and their blood pressure was back to normal and there was no more stress!

Have you ever forgotten to bring your lunch to school? If your school had a little fruit or vegetable garden you wouldn’t be hungry at all. Remember, plants have a lot of benefits, so you might want to consider bringing a few to live in your home!